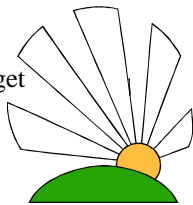


Suggestions to Help You Stay Tobacco Free

- ✿ Get rid of all ashtrays
- ✿ Make a dental appointment to get your teeth cleaned.
- ✿ Drink lots of water or juice – breathe deeply between sips.
- ✿ Avoid places where you used to smoke.
- ✿ Decide how you'll turn down a cigarette before it's offered to you.
- ✿ Go shopping in a smokefree mall.
- ✿ Keep busy - read a book or call a friend.
- ✿ Exercise - go for a walk or a bike ride.
- ✿ Eat unshelled sunflower seeds, carrot and celery sticks.
- ✿ Put the money you save by not smoking in a big glass jar.
- ✿ Sit in "nonsmoking" section at restaurants.
- ✿ Take up a hobby that will keep your hands busy.
- ✿ Each morning tell yourself you don't smoke.
- ✿ Do something you liked when you were little.
- ✿ Eat a popsicle for dessert.
- ✿ Remember how smoking stains your teeth, makes your hair and clothes smell bad.
- ✿ Hold a pencil in your hand when talking on the telephone.
- ✿ Remember, one cigarette is too many.
- ✿ Congratulations! Give yourself a reward.



This guide is not meant to replace the advice of a physician or other health care provider. You should not rely on any information in this guide or the websites to replace consultation with qualified professional regarding your own specific situation. A listing in this guide does not constitute an endorsement of any organization by the SW Washington Health District and none should be inferred. The SWWHD is not responsible for the content of the individual organization's webpages found in this guide.

Southwest Washington Health District
Office on Tobacco
2000 Fort Vancouver Way
Vancouver WA 98663
360-397-8416

Smoking Cessation Programs

in
Clark
County



Southwest Washington Health District
Office on Tobacco

Cessation Programs Helping You Quit

In the Community



Breathe Clean Air for Life

SW Medical Center

360-514-2190

Six-week session meets weekly

Cost: \$150 (\$50 refunded at completion of program for participants who are tobacco free)

Freedom From Cigarettes

Kaiser Permanente

360-604-2070

The “cold turkey” approach to stop smoking or chewing. Ten 1-1/2 hour day or evening sessions over eight weeks. For both members and non-members.

Free and Clear Program

Providence Health Plan

1-800-562-8964

Call for class schedule.

Cost: \$40 for entire program. Some guidelines need to be followed.

Portland Adventist Medical Center

360-699-4488, ext. 6109

Seventh Day Adventist

360-892-2925

Veteran’s Administration Medical Center

360-696-4061 ext. 33969

Over The Phone

Washington Tobacco Quit Line

1-877-270-STOP (7867)

National Cancer Institute

1-800-422-6237

Free publications on smoking and health. Telephone counseling with an information specialist.

Pacificare

1-800-513-5131

One-to-one telephone counseling. Seven to ten calls for one year.

Cost: **Pacificare members**, \$20 for patches and Zyban (90 day supply). Information, brochures and videos.

Non-Pacificare members, \$150 (patches not included). Telephone followup and informational packet.

Quitter’s Hotline

Portland Adventist Medical Center

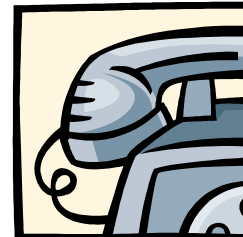
360-699-4488, ext. 6109

Hotline number with recorded 3-5 minute message, changes daily, to quitters or potential quitters.

Free and Clear Program/ Providence Health Plan

1-800-562-8964

One-to-one counseling; 7-10 calls/year. \$20. Materials and video.



On the Web

Helping You Quit

Washington State
Department of Health
[www.doh.wa.gov/
tobacco.quit.htm](http://www.doh.wa.gov/tobacco.quit.htm)



California’s Smokers’ Helpline

University of California, San Diego
www.nobutts.ucsd.edu/default.htm

How To Quit

Centers for Disease Control and Prevention TIPS
(Tobacco Information and Prevention Source)
www.cdc.gov/tobacco/how2quit.htm

Quit Net

A project of Join Together Online
Boston University School of Public Health
www.quitnet.org

Tackling Tobacco

drkoop.com, Inc.
drkoop.com/wellness/tobacco

The Smoking Cessation Center

The health channel of iVillage.com, The Women’s Network
www.allhealth.com/conditions/abuse